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20 YEARS AGO, YOU MIGHT HAVE BEEN A FOOL. BUT TODAY? CHECK OUT OUR FEATURE TO FIND OUT PAGE 10

## Sanctions kick in over Crimea

Russian official mocks U.S. response as being 'written by some joker' PAGE 6

## Something sure does seem fishy

Can't tell cod liver oil from krill? Metro breaks down the basics of fish-oil supplements PAGE 15

# ILM studio brings a new hope

**Visual effects.** Industrial Light and Magic looks to grow in Gastown with work on a slew of blockbusters, including Star Wars Episode 7 and The Avengers: Age of Ultron

MATT KIELTYKA
matt.kieltyka@metronews.ca

**Lucasfilm president Kathleen Kennedy and Industrial Light and Magic chief creative officer John Knoll officially open ILM's new Vancouver office in Gastown on Monday.** MATT KIELTYKA/METRO

From infinity and beyond to a galaxy far, far away.

Six months after Pixar announced it was shuttering its Vancouver operations, a new industry heavyweight has set up shop in the exact same office in Gastown.

Industrial Light and Magic — the visual-effects company started by George Lucas in 1975 — unveiled its new 30,000-square-foot studio space at 21 Water St. on Monday, a relocation that will see ILM Vancouver grow from about 90 employees in 2011 to 200 in the coming months.

"We were actively looking for a place to grow and to put down permanent roots," said Lynwen Brennan, president of ILM. "So, coincidentally, we were literally about to sign a lease on another space when the Pixar decision was made and this space became available. It was tailor-made; it was perfect for us."

Unlike Pixar, which only stayed in Vancouver for three years after being first hailed as a major coup for the local economy, Brennan insists ILM is here to stay.

"We're in a very different business so the reasons for Pixar leaving are very different," said Brennan. "They wanted to consolidate production to one place. For us, we actually need more capacity. We need to grow, we need more artists and we need talented artists."

Those talented artists have a full plate ahead of them.

The Vancouver studio, having already worked on Pacific Rim, The Lone Ranger and sections of the upcoming Captain America: The Winter Soldier since opening in 2011, is currently tackling visual effects on Transformers: Age of Extinction and Teenage Mutant Ninja Turtles.

Then it's slated to take on a star-studded lineup of blockbuster Hollywood productions that include Star Wars Episode 7, The Avengers: Age of Ultron, Jurassic World, Warcraft and Tomorrowland.

That portfolio is expected to keep ILM Vancouver busy throughout the decade and Brennan hopes it'll help the studio avoid the turbulent amount of turnover and layoffs many other visual-effects studios experience between projects.

ILM is a division of Disney-owned Lucasfilm, which also has studios in San Francisco, Singapore and London.

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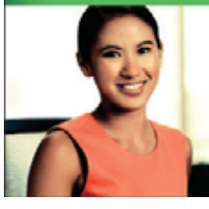

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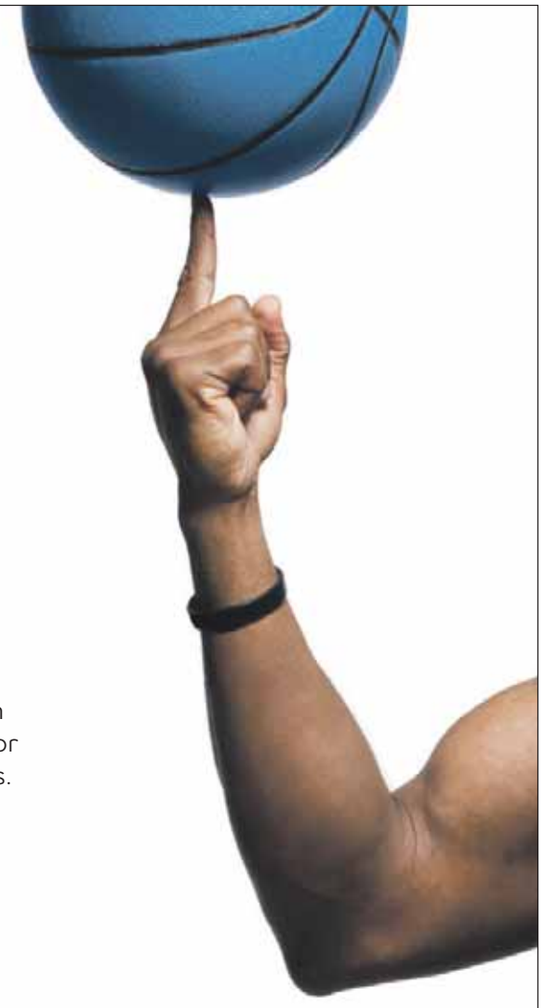

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Rally

## Locals to protest 'foreskin enemy #1' Bill Gates at TED conference

Foreskin advocates plan to protest Bill Gates for funding circumcision programs in Africa when the Microsoft founder speaks at the Ted Talks conference in Vancouver on Tuesday.

The Canadian Foreskin Awareness Project hopes to label Gates as "foreskin enemy #1" for donating millions to circumcision programs in 14 countries to reduce the risk of HIV transmission, according to an event posting on Facebook.

Project founder Glen Callender calls into question the research that claims male circumcision reduces transmission of the virus. (There is "compelling evidence" it reduces heterosexual infections in men by about 60 per cent, according to the World Health Organization.)

"Soon it will be obvious that circumcision gave these men false confidence, not effective protection," Callender said. "Bill Gates is an intelligent man who certainly means well, but he really blew it this time."

The Bill and Melinda Gates Foundation donates millions annually to help the 33 million people around the world living with HIV. They fund research on an HIV vaccine, the delivery of anti-retroviral treatment and the development of ways to reduce transmission, including contraception and circumcision.

The protesters will gather around the Vancouver Convention Centre before Bill and Melinda Gates take the stage at 6 p.m.

EMILY JACKSON/METRO

An excavator sits covered in oil in Burnaby in 2007. Burnaby wants the federal regulator to throw out Kinder Morgan's plans to triple the capacity of its Trans Mountain pipeline that runs through the city. KRISTEN THOMPSON/METRO FILE

# Burnaby tackles pipeline expansion

**Concern.** The city is requesting federal regulator reject Kinder Morgan proposal

Burnaby wants the federal regulator to throw out Kinder Morgan's plans to triple the capacity of its Trans Mountain pipeline that runs through the city.

The city's lawyers believe the application is incomplete and formally requested Monday that the National Energy Board reject the proposal, according to a news release.

Burnaby is concerned the proposal doesn't contain enough information for an informed decision, and finds the proposal especially lacking when it comes to an emergency response plan and details on two potential new routes through the city.

And the mayor is not mincing words in his opposition to the project, which would bring five times as many tankers into Burrard Inlet, triple the storage-tank capacity on Burnaby Mountain and increase the number of storage tanks from 13 to 26.

"They're telling our citizens that they have operated the pipeline safely for 60 years, in spite of the fact that there has been more than one spill in Burnaby," Mayor Derek Corrigan said in a statement, pointing to the 2007 spill of 1,500 barrels of oil.

"We do not ever want to have to deal with the consequences of the kind of spill this new pipeline and the new storage tanks could cause."

Kinder Morgan assumes the city will be able to manage emergencies, but Burnaby doesn't have the capacity to respond to large incidents, Corrigan added.

He also pointed to the new routes — Kinder Morgan is considering two different paths through the city — as proof that the proposal is incomplete.

"If Kinder Morgan doesn't know yet where it is going, and hasn't done the necessary studies, it is simply too soon to go to the NEB, and unfair to Burnaby's citizens to require us to guess."

If the National Energy Board decides the application is incomplete, it could return it to Kinder Morgan for amendments and a re-submission.

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## Measles. VSB asks if anti-vaccine private schools should have funding cut

The recent measles outbreak in B.C. has left many people shaking their heads, but to the chair of the Vancouver School Board, the concern goes much deeper.

VSB chair Patti Bacchus took to Twitter Monday morning and asked her followers if private religious schools in the province that preach anti-vaccine messages should receive tax dollars.

"It's an interesting topic and I wouldn't claim to have the perfect answer," Bacchus said.

However, she does believe educators should be teaching their students to be both productive and safe, and given the recent health scare she's worried what kind of message is being spread to students in certain private schools.

This week, Fraser Health confirmed it's dealing with 80 to 100 cases of measles.

In the East Fraser region, vaccination rates are 60-70 per cent, according to Fraser Health, adding the most recent exposure occurred in a community with "traditionally low immunization rates."

Dr. Peter Froese, executive director of the Federation of Independent School Associations in British Columbia (FISA BC), an umbrella organization representing 297 independent schools in the province, said they're not sitting idly by while the measles outbreak takes place.

"Are measles a concern to independent schools? Absolutely," he said. "From our perspective it would be detrimental to us to have that kind of health concern running through our schools."

SAM SMITH/FOR METRO

**Independent schools**

**"From our perspective it would be detrimental to us to have that kind of health concern running through our schools."**

FISA BC executive director Dr. Peter Froese

# Coquitlam dog dies while completing his bucket list

**Romeo, 9.** B.C. couple's ode to their pet included food, travel, fire truck

SAM SMITH
vancouver@metronews.ca

Romeo, the nine-year-old boxer who gripped national and international headlines after his owners posted his unique story of battling cancer online, has died.

He survived until Sunday, when the tumour inside the bone of his left hind leg burst, leaving no other choice but for Riina and Jon Cooke to put him down.

"This weekend we took him to another country, because he had never been outside of Canada," Riina told Metro. "We went to Birch Bay (Wash.) because my husband's family has a cabin there. It was our last wish on the bucket list to get Romeo to another country, and we did it. But overnight, at 4 a.m., the tumour exploded."

Romeo hangs out on the seawall in Vancouver. FACEBOOK

Riina said she and her family packed up and rushed back home to get Romeo to their veterinarian, but they knew on the way what had to be done.

"His leg was the size of an elephant, so we knew it was time," she said.

Romeo was diagnosed in Dec. 2013 with osteosarcoma, a cancer that forms inside the bones and bursts from the inside-out.

But instead of letting it keep her down, Riina and Jon came up with a bucket list for Romeo. It started small with little joys in life their boxer had never experienced, like getting a McDonald's cheeseburger.

**Treasure your dog days**

**"I've had people tell me it's changed their perspective on their dying animals."** Riina Cooke

After that, they got Romeo a ride inside of a fire truck, then a steak dinner gifted by The Keg and served at Lafarge Lake, up to meeting musician Bif Naked.

Romeo's story reached across the nation, inspiring other dog owners to create bucket lists for their dying pets. Even media in Australia and Finland wrote about Romeo, Riina said.

"He's all over the world now," she said. "He has a Facebook page and there's something like 4,000 people on it now.... 26,000 people were on his site yesterday."

After posting the notice of Romeo's passing online, Riina has seen an outcry of support from people across the globe.


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# B.C. would support back-to-work order in truckers strike

Striking container-truck driver Gajjan Bal holds a sign that reads "Traitors Be Ashamed of Yourself" while standing at a picket line as a truck enters Port Metro Vancouver on Thursday. THE CANADIAN PRESS

**Picket line.** Waiting for implementation of proposed 14-point plan before truckers return to work 'not an option': Transportation minister

Negotiations in the truckers strike at Port Metro Vancouver reached an impasse Monday, with the port, the federal government and the province refusing to budge from their proposed solution.

The province would support any action the federal government deems "appropriate" to end the strike, including a back-to-work order, B.C.'s Minister of Transportation Todd Stone told reporters Monday.

"Our No. 1 objective here is to get the port back open," Stone said, adding that the 14-point plan proposed by the port late Thursday "gets to the heart of concerns" raised by the truckers over wait times and rates.

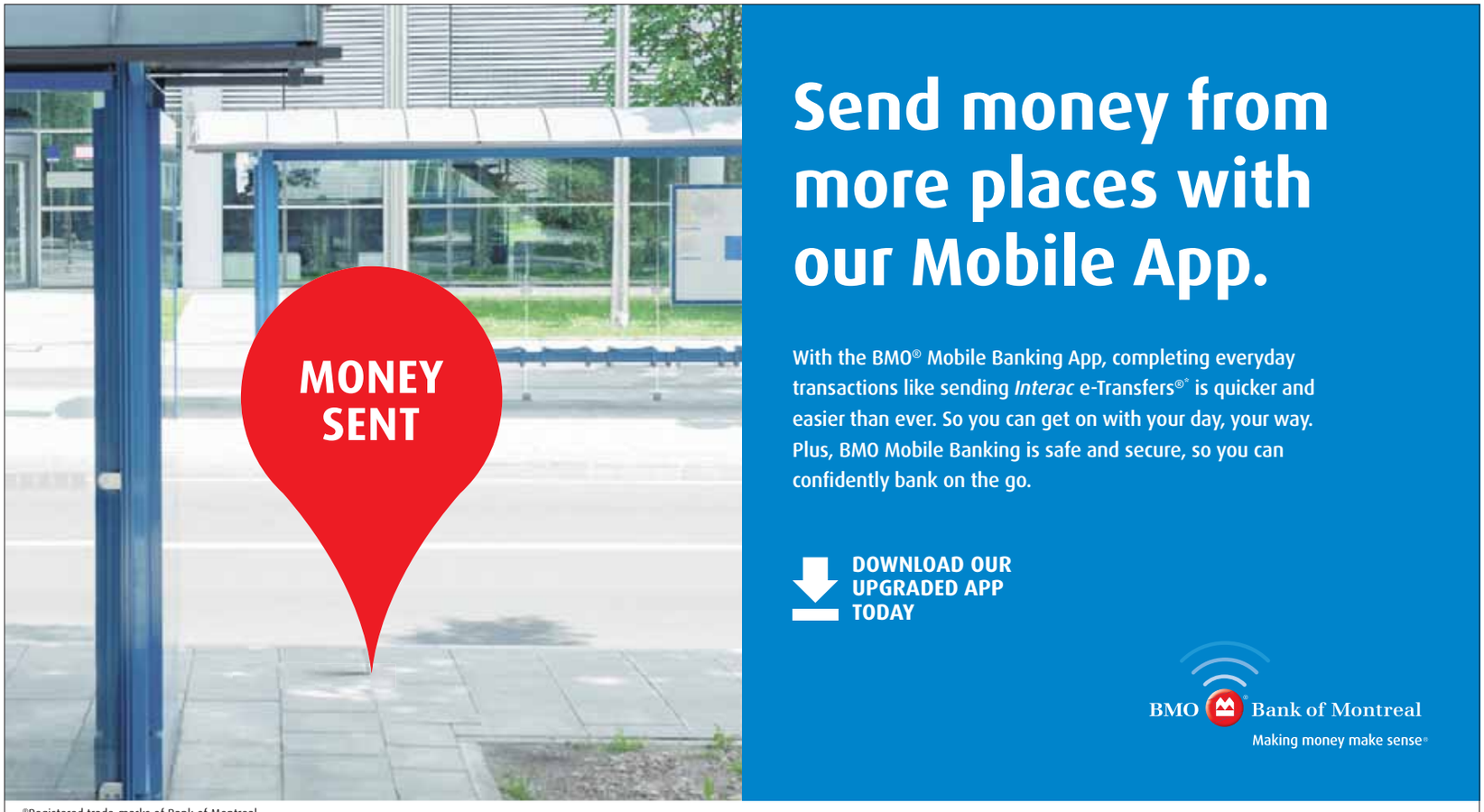
While the port falls under federal jurisdiction, the province is involved in negotiations since the impact of the strike "cannot be underestimated," Stone said, pointing to a mill in Merritt that temporarily laid off 142 workers because it can't transport lumber.

**Quoted**

**"Them saying take it or leave it isn't going to work. We're prepared to roll up our sleeves, but no negotiation is no place to start."**
Unifor B.C. director Gavin McGarrigle

But the more than 1,000 unionized and non-unionized truckers on strike rejected the plan they say wasn't negotiated, Unifor B.C. director Gavin McGarrigle said from the picket line at the Vancouver Terminal on Monday.

At a meeting Sunday, the government refused to negotiate or answer questions surrounding the plan and, 15 minutes after the meeting, the port threatened to suspend the licences, McGarrigle said. EMILY JACKSON/METRO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# 'Dorothy' heritage houses moved, no longer face demolition

Twin Vancouver heritage houses known as the Dorothies nestled smoothly into their new home on West 41st Avenue, only blocks away from their original location.

The houses, built in 1931, were moved Monday morning from West 43rd Avenue west of Macdonald Street up north to West 41st Avenue.

Each sat on its own truck and trailer, making their way down a blocked-off Macdonald Street beneath power lines and trimmed trees. Spectators snapped away on their cameras and chattered to each other in excitement. "There seems to be an awful lot of interest in just the fact that these homes are being saved and that's partially why you do it," said Rob Chetner, owner of Trasolini Chetner Construction, the company that bought the houses. "We're trying to do our part in helping to preserve whatever little part of Vancouver's heritage and history that these two homes will ultimately represent."

**Development**

**Chetner plans to develop the Tudor-style houses into townhomes, building additional duplexes in the back of the new property to double the number of units to eight.**

Last fall, the houses, known locally as the Dorothies because of the two women who originally lived in them — Dorothy MacMillan and Dorothy Smith — were at risk of being demolished by Trasolini Chetner.

Graham Cumpston lived in the neighbouring Dorothy for 33 years, but moved after his neighbour's property was bought for redevelopment.

"These two houses are heritage houses and they actually go together in my mind and if you rip one down, you'd lose the ambiance."

KAYLA ISOMURA/FOR METRO

The Dorothies are two Vancouver heritage houses, built in 1931, which were moved on Monday morning to a new property. The houses were once slated for demolition. KAYLA ISOMURA/FOR METRO

An elderly woman speaks to a Russian military man outside a Ukrainian military base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted overwhelmingly Sunday to secede from their country and join Russia. DAN KITWOOD/GETTY IMAGES

# West hits Russia with sanctions over Crimea

**Tensions rising.**
Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovych following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were "massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker." THE ASSOCIATED PRESS

**The view from home**

## *Harper: 'We must keep the pressure on' Russia*

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal Russian military occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

He made the announcement prior to meeting Vadym Prystaiko, the Ukrainian ambassador to Canada.

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said.

"What the Putin regime has done cannot be tolerated and can never be accepted." THE CANADIAN PRESS

A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

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## Alberta. Another Tory minister resigns

An associate minister in Alberta Premier Alison Redford's cabinet resigned her post and left the Tory caucus Monday as unrest continued to roil on government benches.

Donna Kennedy-Glans, member of the legislature for Calgary Varsity, cited the inability to create change from within the party and a culture of entitlement as reasons for her departure.

But she did not criticize Redford by name.

"This is not just about leadership," Kennedy-Glans told reporters in Calgary. "This is about how our party functions and whether change from within is possible."

THE CANADIAN PRESS

Afghanistan tribute

### Military planners tread delicately

Concerns about political and public sensitivities regarding the sacrifices of Canadian Forces members in Afghanistan led military planners to abandon plans for a noon-time ceremony on Parliament Hill this coming Canada Day that would have commemorated the mission. THE CANADIAN PRESS

# N.Y.C. mayor skips St. Paddy's Day parade

**Tension over gay expression.** Organizers say gay groups were not prohibited from marching, but couldn't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants could carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups are not prohibited from marching, but they are not allowed to carry gay-friendly signs or identify themselves as LGBT.

THE ASSOCIATED PRESS

In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest the exclusion of gay expression from the annual St. Patrick's Day parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

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# Scientists find Big Bang's 'smoking gun'

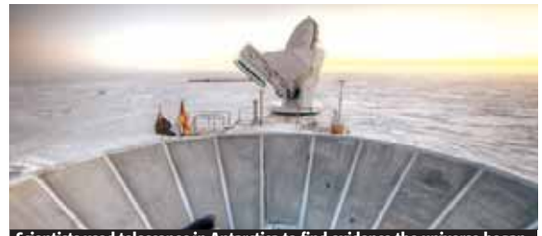
**'You can see back to the beginning of time'.** Expert thinks finding among the greatest discoveries over the last 25 years

The universe was born almost 14 billion years ago, exploding into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Kovac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." THE ASSOCIATED PRESS



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. COURTESY STEFFEN RICHTER/THE ASSOCIATED PRESS

## Indians celebrate Holi, the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

## Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weather patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday.

THE ASSOCIATED PRESS

**In other cities**

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.

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COURTESY NASA

# Moon mining: The 21st century gold rush

**What's up there**

- H2O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

**Building an economy in space.** Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD
For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, "you would have been laughed out of the room," said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon appears to hold about 100 times the concentration of gold of the richest mines in the world, according to a recent paper co-authored by Dale Boucher, the CEO of Deltion Innovations, based in Sudbury, Ont.

"There is a business case now for mining (on the moon) as an economic activity," said Boucher.

So why was the idea laughable five years ago? Getting off this planet is a herculean challenge, technically and economically. "Some of the present estimates are that a one-litre bottle of water soft-landed on the moon would cost about a quarter of a million dollars," said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

"Those policy and legal issues are going to be as challenging as the engineering," said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

"I think it is a question of when, not if."

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

**Mission: 2018**

## Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

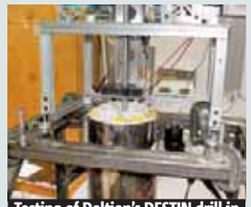
Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a "mining flavour," said Boucher. Water is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

"Canada is at a crossroads right now and the next few months will be very telling."



Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

**Nuclear energy**

**He-3**

## Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

**Q&A**

## Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.

Osinski

**If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?**

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

**Could mining change the way we see the moon from Earth?**

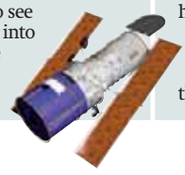
You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

## Why stop at mining?

**According to Osinski and Boucher, the moon could also be home to:**

### Rocket fuelling stations

Stations that extract water could split $H_2O$ to produce oxygen and hydrogen, fuel for missions venturing farther out into space.



### Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.

### Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.

### Space hotels

"To me, one of the most iconic images … is just that image of Earth from the moon," said Osinski. "I think people would probably just pay for that."

## Smells like a whiskey fight

Jeff Arnett, the master distiller at the Jack Daniel Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's.

THE ASSOCIATED PRESS FILE

# Will the real Bitcoin creator please stand up?

**We're gonna have a problem here.** Dorian Satoshi Nakamoto denies he's behind the cybercurrency

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

Dorian S. Nakamoto has repeatedly denied being behind Bitcoin.

THE ASSOCIATED PRESS FILE

In the magazine's return to print this month, the cover story declared Nakamoto to be the "face behind Bitcoin." The magazine has stood behind the story. Many believe "Satoshi Nakamoto" to be a pseudonym. In the days since the Newsweek story a barrage of criticism has been levelled at the magazine.

Bitcoin entrepreneur Andreas Antonopoulos said on the website Reddit.com it seems "increasingly unlikely" Nakamoto is Bitcoin's creator and a fund, which nearly 1,900 people have contributed Bitcoins to, was created to "soften the damage caused by irresponsible journalism."

THE ASSOCIATED PRESS

**Montreal**

## Bombardier wins S. Africa freight rail contract

Bombardier Inc. is one of four companies picked to supply a total of 1,064 locomotives to South Africa's state-owned freight rail system.

Transnet Freight Rail says the total contract is worth 50 billion rand, or about $5.16 billion.

THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 90.47¢ (+ 0.34¢)

**TSX** 14,231.89 (+4.23)

**OIL** $98.08 US (-$0.81)

**GOLD** $1,372.90 US (-$6.10)

**Natural gas:** $4.52 US (+$0.02)
**Dow Jones:** 16,247.22 (+181.55)

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# BAN 'BOSSY' OR BE THE BOSS?

SHE SAYS

**Jessica Napier**
metronews.ca

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography Bossypants — which chronicles her rise to fame in the male-dominated world of comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book Lean In as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem Bossy, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of 30 Rock, the award-winning sitcom created by and starring Tina (Bossypants) Fey.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

# Reviving ancient history

AMR NABIL/THE ASSOCIATED PRESS

### Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS

A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

### Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

## Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of $10 to a virtually free tag of $0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.**

George Harrison
GETTY IMAGES

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.

## Twitter

**@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?**

**@Canucklehead_ca:** 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

**@MomAndDadFight:** in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

**Follow @metropicks and take part in our daily poll.**

## Comments

**RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14**

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

**Supair Mario posted to metronews.ca**

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DVD review

## American Hustle

**Director.** David O. Russell

**Stars.** Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comporting themselves as if they wandered off the set of Saturday Night Fever.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning Disco Inferno — although the more appropriate tune for this film might be Do the Hustle.

Extras include deleted and extended scenes and a making-of featurette.

**PETER HOWELL**

# Nymphomaniac exposes surprising side of Slater

**Revealing role.**
Keeping his clothes on puts fading star back in the spotlight

**MATT PRIGGE**
Metro World News in New York

Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie Nymphomaniac. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgaard). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to Dogville, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his Nymphomaniac performance is kind of a new big break. He first came to attention in films like Heathers, Pump Up the Volume and Young Guns II, usually playing smirking wiseacres who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his Nymphomaniac turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Statham's model girlfriend should tread Kerr-fully*

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.

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# Fish oils on the brain

Fish oils range in the health benefits that they may offer. ISTOCK

**Supplements.** Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

**What's the difference?**

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

**What is omega-3?**

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

**Food first**

Great, now that that's cleared up, time to head to the pharmacy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

**Risks to fish oil**

Fish oil is not without risks. It can thin the blood, and research about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

**For your phone**

## Happy Camping (iPad, iPhone; $0.99)

**MIND THE APP**
Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.

**Be on the lookout**

**When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.**

LIFE

**Balance determinants in people with knee osteoarthritis study at UBC**

**The Motion Analysis and Biofeedback Lab at the University of British Columbia is seeking volunteers with knee osteoarthritis for a study. The study consists of a knee radiograph and one 2-hour visit at UBC to assess balance and aspects of physical function such as muscle strength.**

**INCLUSION CRITERIA:**
- 50 years of age or older
- diagnosed with knee osteoarthritis

**EXCLUSION CRITERIA:**
- significant neuromuscular impairment (i.e. Parkinson's, previous stroke, diabetes)
- use of a gait aid
- previous knee or hip replacement

Visit **www.mablab.rehab.med.ubc.ca**, or contact **Judit: 604-822-7948 or mablabstudies@gmail.com** for further details!

UBC DENTISTRY

**UBC Dentistry is screening patients between 7 – 14 years of age who require MINOR Orthodontic Treatment**

**For information, visit**
**www.dentistry.ubc.ca**
Orthodontic Treatment Community Program

**To arrange a screening appointment:** call between 7 a.m. – 4 p.m. Tuesday, Wednesday, Thursday **604-822-2324**

a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

# Prevention and precision

LINDA CLARKE
Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old "one pill fits all" application.

"Precision medicine is the buzzword," says Dr. Rona Yaeger, a colorectal cancer researcher for the American Cancer Society. "Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types."

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

"We're now understanding that we've been over-treating and we don't always need all that chemotherapy and radiation," explains Yaeger. "Radiation, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility."

Generally, colorectal cancer is thought of as an older person's disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

"So far, the evidence is observational, but that's what we're seeing," she says. "The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it's beyond a polyp."

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You've heard them before: a healthy (high-fibre!) diet, and regular exercise.

A high-fibre diet and exercise help slash the risk of colorectal cancer. ISTOCK

Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

# ... and that's the bottom line

## Colon Cancer Awareness Month.

Metro's movie critic shares his own story — and a vital message

RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

"Michael Bay is directing a remake of Casablanca" and, "It's not you, it's me" appear on the scroll of things that hurt my ears.

Top of the list, however, is, "We've found a tumor."

In mid-2013, I had a colonoscopy, a procedure so routine I thought I'd be in and out and on my way to my favourite sandwich shop by lunch. I'm a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, "I'm sorry," before walking away, didn't do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, "Screw you, cancer. You're not making the rules, I am." Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I'm through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won't miss feeling like I'm living in someone else's body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I'm confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it's not my message.

I waited until after my treatment for my cancer coming out party because I didn't want pity. I didn't want to be viewed differently. I just want you to know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

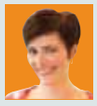
### Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

# Where down south meets south of the border: Mac and Cheese Fajitas

**Health Solutions**

## *Have your steak and eat it, too*



**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

• Use steak in stir fries and bump up the veggie content.

• Use double the beans and half the meat in your chili recipe.

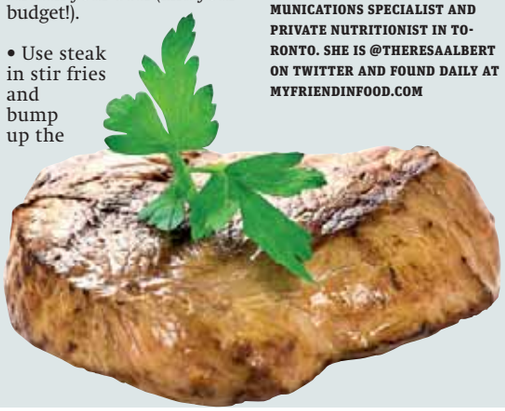
• Add ground oats and cooked spinach to burgers and meat loaves.

• Choose grass-fed beef or bison. They are leaner.

• Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**This recipe serves four.** COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

**FLASH FOOD**

**From your fridge to your table in 30 minutes or less**

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

**1.** Place steak on counter to bring to room temperature.

**2.** Bring pot of water to a boil, add a pinch of salt for pasta.

**3.** Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

**4.** Add pasta to boiling water and boil to cook through, drain.

**5.** Remove steak and set aside.

**6.** Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

**7.** Add cream cheese to pasta pot to melt and stir in pasta.

**8.** Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

**Ingredients**

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

# Beefing up your mole

**1.** Heat the oven to 350 F.

**2.** Spread butter over cut sides of both halves of the baguettes. Set the baguettes cut side up in the oven to warm.

**3.** Meanwhile, heat the oil in a medium saucepan over medium-high. Add the beef and sear for 2 to 3 minutes per side. Set aside off the heat.

**4.** In a blender combine the almond butter, tomatoes, garlic, shallot, cocoa powder, cinnamon, black pepper, pepper flakes, cloves and water. Purée until smooth, then add to the beef. Bring the beef and sauce to a simmer over medium heat. Cook, uncovered and stirring occasionally, for 10 minutes.

**5.** Season the beef with salt and hot sauce, then divide it between serving plates. Top with scallions. Accompany with the warmed baguette.

**THE ASSOCIATED PRESS**

**Ingredients**

- 12-inch baguette, halved lengthwise
- 4 tbsp(1/2 stick) butter, softened
- 1 tbsp olive oil
- 3/4 lb beef sirloin tips, cut into 1-inch chunks
- 1/4 cup almond butter
- 1/4 cup canned crushed tomatoes
- 2 cloves garlic
- 1/2 shallot
- 1 tsp cocoa powder
- 1/4 tsp each cinnamon, ground black pepper, red pepper flakes
- Pinch ground cloves
- 1/2 cup water
- Salt
- Hot sauce, to taste
- 1 scallion, white and green parts, chopped

**VOLUNTEERS NEEDED**
BRAIN RESEARCH STUDY

We are looking for healthy men between the ages of 19 & 85 who are interested in participating in research by having 1-2 PET brain scan(s). The purpose of this study is to learn more about normal function of the healthy brain. Your information will allow us to then better understand the function of other people's brains where disease is present.

Potential participants should be healthy without any neurological disorder, depression, memory or mood disorders.

If you are interested in becoming involved please contact *Nicole Heffernan* at the Pacific Parkinson's Research Centre at *604-822-7705* for more information.

Pacific Parkinson's Research Centre
UBC Faculty of Medicine
Vancouver Coastal Health Authority

Steven Stamkos of the Lightning celebrates his first-period goal as Shawn Matthias of the Canucks reacts in Tampa, Florida. MIKE CARLSON/GETTY IMAGES

# Stamkos strikes struggling Canucks

**NHL.** Vancouver keeps it close in Tampa but fails to climb out of early two-goal hole

Steven Stamkos and Ondrej Palat both had a goal and an assist to lead the Tampa Bay Lightning past the Vancouver Canucks 4-3 on Monday night.

Valtteri Filppula and Tom Pyatt also scored for the Lightning, who moved into a second-place tie with Montreal — with one game at hand — in the Atlantic Division after completing a 3-1-2 homestand. Ben Bishop extended his single-season team record with his 32nd win.

Vancouver, which started play 10th in the Western Conference, is 3-6-1 in its last 10 games. Alexandre Burrows scored two goals, and Jannik Hansen added a short-handed tally for the Canucks.

After Pyatt scored midway through the third period, the Canucks got within one on goals by Burrows at 11:44 and Hansen at 15:16.

Stamkos put the Lightning up 1-0 with a power-play goal from the low slot 17:56 into the game. Palat assisted on the goal, and has five assists and nine points during a five-game point streak.

Bishop made in-close rebound saves on Alexander Edler and Shawn Matthias late in the first.

After Eddie Lack stopped eight Lightning shots early in the second, Tampa Bay went ahead 2-0 when Palat's pass went off sliding Canucks defenceman Ryan Stanton and into the net at 6:54.

Filppula made it 3-0 with 9 seconds left in the second when his pass deflected off Stanton and past Lack. The centre has two goals and eight points during a five-game point streak.

Burrows ended Bishop's bid for a second consecutive shutout on a power-play goal 5:44 into the third. Bishop got his fifth shutout this season over New Jersey on Saturday.

THE ASSOCIATED PRESS

**On Monday**

| Lightning | Canucks |
|---|---|
| 4 | 3 |

CFL

## Ochocinco deal 'doesn't come close to working'

Could a 36-year-old Chad Johnson — previously and famously known as Chad Ochocinco — help the B.C. Lions on the football field? Perhaps. Perhaps not.

Unless there's an unprecedented overnight shift in philosophy from the local CFL, we'll never know.

Johnson, who ascended to football stardom with the Cincinnati Bengals, created a stir on Thursday, when, responding to a question on Twitter about where he'll sign this off-season, his reply was the Lions.

For the Lions, the problem is not necessarily that Johnson has been out of football since the 2011 season, although his age also factored into the decision.

It's far more than that.

According to the Washington Post, in 2012, after allegedly head-butting his then-wife Evelyn Lozada during an argument, Johnson pleaded no contest to misdemeanour domestic battery charges.

Last May, he was arrested for breach of probation.

And the Lions simply aren't willing to make such a risky investment.

"I felt I would disrespect the individual if I didn't even sit down and talk about it," said Lions general manager Wally Buono, adding he did not talk with Johnson or his representatives. "But when you start measuring all the obstacles and you start to evaluate as an organization what you've supported, what you stand for and what you have expounded on, it just doesn't even come close to working." CAM TUCKER/METRO

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

### ♉ Taurus
**April 21 - May 21**
Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

### ♊ Gemini
**May 22 - June 21**
If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

### ♋ Cancer
**June 22 - July 23**
Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

### ♌ Leo
**July 24 - Aug. 23**
Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

### ♍ Virgo
**Aug. 24 - Sept. 23**
No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

### ♎ Libra
**Sept. 24 - Oct. 23**
Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

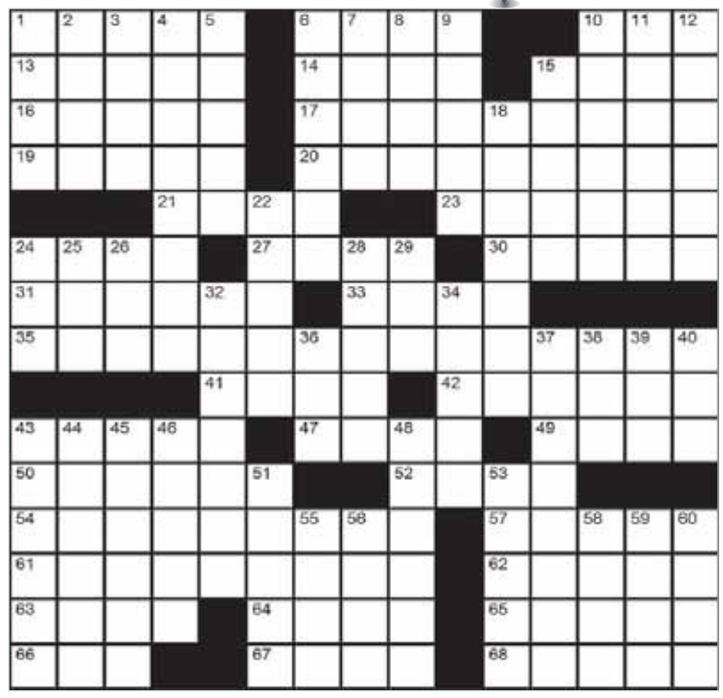
### ♓ Pisces
**Feb. 20 - March 20**
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

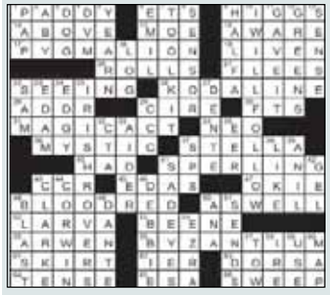
BY KELLY ANN BUCHANAN



**Across**
1. __ Falls (High waterfall on Vancouver Island)
6. "Who's the Boss?" role
10. Swimming length
13. Stave off
14. __ __ 6:00am
15. Bona __
16. Hairstyle bangs, sometimes
17. Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
19. View, Bible-style
20. Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
21. '60s concert film, "_._._. Show"
23. Loyal about: 2 wds.
24. __ B'rith
27. Prefix to 'ferous' (Conveying air)
30. German industrial city
31. St. John's born humourist Rick
33. Patron saint of Norway
35. Type of show #17-Across is: 2 wds.
41. Stroll
42. Excused from
43. Marx Brothers, just one
47. Indigo
49. __ Rage (Performance enhancers-user's anger)
50. "Sources told me that...": 2 wds.
52. Drug deal buster, for short
54. North Atlantic overfishing depletes them: 2 wds.
57. Surpass
61. Ruthless
62. __ Pendragon (King Arthur's father)
63. Some, in French: Quelques-__
64. Comic actor Eric
65. Upside-down-triangle sign
66. Celeb couple's caught-by-paps moment
67. Ooze
68. Sir Coward's 'dessert': 2 wds.

**Down**
1. Stealing birds
2. "A Letter for __" (1946)
3. Shake off
4. Avon product
5. Temple sanctums of ancient Greece
6. Wet earth created Place"
7. Bright fish
8. Old __ (Clothing chain)
9. "This is _ __, this is only..."
10. Water __ (Flowers in Monet paintings)
11. "__ Fideles"
12. '60s series, "__
15. Concentrate
18. Web browser name
22. "Canada AM" health expert, Dr. __ Shapiro
24. Snazzy-lettered car
25. Prefix to 'classical'
26. Airport screen abbr.
28. __ '_' Roll
29. Island: French
32. Adele's "Rolling in the Deep" co-songwriter, Paul __
34. High-speed Amtrak train
36. Mode's intro: 2 wds.
37. Romeo and Juliet character
38. Music genre
39. Printer resolution meas.
40. Financial rpt.'s 'until now'
43. Small setback
44. Elvis bit: "You ain't nothin but _ ___ dog..."
45. Tetley product aka Rooibos: 2 wds.
46. Histories
48. Shoe part
51. Showbiz legend Ms. Day
53. __-Noranda, Quebec
55. Postal __
56. Produce product
58. Bible pronoun
59. Computers name
60. Sequences, for short

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | 2 | | | | 6 | | |
| | | | 5 | 2 | | | | 3 |
| 7 | | | | | 9 | | | 5 |
| | | 5 | 4 | | 8 | | 3 | |
| | 3 | | | 7 | | | 8 | |
| | 9 | | 6 | | 3 | 7 | | |
| 3 | | | 2 | | | | | 9 |
| 8 | | | | 9 | 1 | | | |
| | | 9 | | | | 8 | 6 | |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 8 | 6 | 4 | 5 | 9 | 7 | 2 |
| 2 | 9 | 4 | 3 | 7 | 8 | 1 | 6 | 5 |
| 5 | 7 | 6 | 2 | 1 | 9 | 8 | 3 | 4 |
| 6 | 5 | 2 | 1 | 8 | 3 | 7 | 4 | 9 |
| 9 | 3 | 7 | 5 | 2 | 4 | 6 | 8 | 1 |
| 4 | 8 | 1 | 7 | 9 | 6 | 5 | 2 | 3 |
| 1 | 4 | 9 | 8 | 6 | 2 | 3 | 5 | 7 |
| 7 | 6 | 3 | 4 | 5 | 1 | 2 | 9 | 8 |
| 8 | 2 | 5 | 9 | 3 | 7 | 4 | 1 | 6 |

The power of light is not being scared of the dark.
The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From February 3rd to March 29th, buy any LED light bulb and the IKEA Foundation will donate $1 to brighten the lives of those in need.
Read more at IKEA.ca/brighterlives
UNHCR
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